GOOD NEWS FOR HOMEMAKERS

By: Shirley W. Walton
Extension Agent

THINK METRIC!
SPEAK METRIC!

The United States is moving inch by 2.5 centimeters, to the metric system.

Tomorrow's consumer will buy fruits and vegetables by the kilogram, gasoline by the liter, piece goods by the meter, and try to keep themselves cool when temperature outdoors is 35° Celsius.

Start watching now as you purchase goods and services because many items are dual labeled, that is, labeled with our customary units and also with metric units. Soon Congress will pass legislation to coordinate and ease the transition now under way.

Although many Americans are not aware of it, approximately 90 per cent of the world's population is now using metric units of measure. The major move towards universal adoption of the metric system of weights and measures was initiated in 1965 when the United Kingdom embarked on a 10-year program of metric conversion.

So, if we want to speak the language of the globe, we must begin to speak metrically.

Metric usage in the United States is increasing. About 11 per cent of the American manufacturing companies are using the metric system to some degree. Industries are finding that increases in metric use are to their economic advantage and improve communications, particularly when in international trade.

It is estimated that metrication will pass the 50 per cent mark by 1975, and that the automobile industry will be completely metric by 1983. In the pharmaceutical and photographic industries the metric system has been in extensive use for years.

Patters for clothing construction include metric information, since patterns made in the United States are shipped to countries in which the metric system is used.

Many processed foods are marked with weights in grams (units of mass or weight) and liters (units of volume). One of the first things you will notice about the new nutrition information food labels is that the metric units are used throughout. The Food and Drug Administration prescribed the metric system for nutrition labels because the unit we are most accustomed to, the ounce, is too large to describe conveniently the amounts of nutrients in foods.

The metric system is a simple way to calculate weights and measures. It coodinates measurements of length, area, volume, and mass into one decimalized system. CAlculations with metric units require no conversion from unit to unit as we must do now between inches and feet or ounces and pounds. In metric, you just shift the decimal point as we do now with our system of counting money.

Here is a guide to basic metric units:

METER: a little longer than a yd. (1 yd. plus about 3 in.)

KILOMETER: so mewhat further than ½ mile (about 0.6 miles).

LITER: a little larger than a quart (1 qt. plus about ¼ cup).

GRAM: about the weight of a paper clip (28 grams equal 1 ounce)

Begin to **think** metric and soon you will find that you will **speak** metric!

RECIPE OF THE WEEK

POUND CAKE DELUXE

½ lb. butter
½ c. shortening
1 lb. light brown sugar
1 c. white sugar
5 large eggs
1 c. milk
3 c. cake flour
½ tsp. salt
1 tsp. baking powder
2 tsp. vanilla
(1 c. shopped pecans, optional)
Flour these, if used.

Cream butter and shortening. Add brown sugar, then white, beat until fluffy. Beat in eggs, one at a time. Sift salt, baking powder and flour together. Add alternately with milk. Cook 1½ hours at 300 to 325 degrees in a tube pan that has been greased and the bottom lined with waxed paper.

ICING (optional)

3 c. light brown sugar
1 c. light cream
1 stick butter
1 t. vanilla

Boil over low heat to soft ball stage and add butter and vanilla. Beat until creamy.

EVERGREEN

Rev. Otis Smith had charge of services at Evergreen Baptist Church Sunday.

Mrs. Emmitt Paulette and son, E. W. and Patricia Elder motored to Bluefield College Saturday.

Mrs. Lewis Harvey and daughter visited Mrs. Reva Bruce and Mrs. C. J. Paulette Saturday evening.

Mrs. R. J. Sr. Paulette was luncheon guest of Mr. and Mrs. J. K. Hamilton Sunday.

Mr. and Mrs. Calvin Coleman of Barnes Junction visited Mr. and Mrs. Ernest Farrar last week.

Prayer meeting met in the home of Mr. and Mrs. Leon Paulette and family last week.

A House Warming was given Mr. and Mrs. Jesse Franklin and family Thursday night. It was well attended.

Mrs. Gordon Staples is a patient Virginia Baptist Hospital.

Mr. and Mrs. Cecil Lerner of Lynchburg called by to see Mrs. C. J. Paulette Saturday.

Mr. and Mrs. J. K. Hamilton visited in the home of Mrs. Otis Davis Sunday p.m.

Mrs. J. Mott Harvey and Mrs. Jessie Carwile were luncheon guest of Mr. and Mrs. Wylie Richardson Sunday.

S. S. Teachers Study will meet with Mr. and Mrs. Kenneth St. John Tuesday at 7:30 p.m.

Beckham

FEB. 25 ...urs. Gibbs Martin in Lynchburg General Hospital. She had the misfortune to fall and break her knee Saturday.

Mr. and Mrs. Paul Burge visited Mrs. Mary Burge and Mrs. Sadie Marino, of Madison Heights, and Mrs. Beulah Goodbar, of Monroe, Sunday afternoon.

Mrs. H. C. Moore and Mrs. Mildred Schmutz visited Mrs. Hermon Moore Sunday evening.

Mr. and Mrs. Marvin Moore, Jr. visited Mrs. Claude Jennings and Mrs. Gibbs Martin in Lynchburg General Hospital Sunday afternoon.

The M.Y.F. of Trinity Church visited the Children's Home in Richmond Saturday.

Pamplin

Mr. Austin Parkey, junior at Lynchburg College has been named to the dean's list for the first semester.

Mr. Barry Elder, a student at Radford College, spent last week end with his parents, Rev. and Mrs. W. H. Elder.

Mr. and Mrs. James M. Rosser entertained the Deacons and their wives and Rev. and Mrs. John Campbell of Elon Baptist Church last Saturday night in their home with a dinner party.

Mr. and Mrs. Robert D. Marshall, Jr. of Williamsburg announce the birth of a daughter. Maternal grandparents are Mr. and Mrs. Kenneth Farrar, Fairfax and paternal great grandfather, Mr. Norman Farrar.

Mrs. Margaret Watson of Darlington Heights returned to her home last week from Southside Hospital, Farmville.

Mrs. Jane W. Wingfield, Lynchburg spent last week end with relatives.

Our sympathy extended to the family of Mr. Willard Ligon and the family of Mr. Harry Nash.

Mrs. Roach Watson returned to her home last week after undergoing surgery at Southside Hospital.

Mrs. Graydon Maxwell is improving after a recent illness. Guest of Mr. and Mrs. Maxwell last week were; Mr. and Mrs. Lawrence Ramsey, Mrs. Elsie Bowers of Lynchburg, and Mrs. Clarence Ramsey.

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NO APPOINTMENT NECESSARY

Blue ribbon winners at the Fine Arts and Crafts show held by the Plum Branch Woman's Club, pictured above, were Mrs. Douglas Scott, left, and Mrs. John Dirzuweit, on the right.

Blue ribbon winners for creative stitchery and framed flowers were Mrs. John Dirzuweit, on the left, and Mrs. Oliver Leighton, on the right.

Mrs. W. M. Webb, left, was guest at the meeting of the Plum Branch Woman's Club and Mrs. Harmon Mann, right, was welcomed in as a new member.

Plum Branch Woman's Club Has Arts & Crafts Show

The Plum Branch Woman's Club met February 7th for its annual Fine Arts & Crafts show, held for members only.

Members who won blue ribbons in the following categories were: Mrs. John Dirzuweit, Creative Stitchery & Framed Flowers; Mrs. Oliver Leighton, Naturescope, Category 3 - Miscellaneous - A Fantasy Garden, Visual Arts, Photography - Novice. Gold ribbons were won by Mrs. Douglas Smith and Mrs. Harmon Mann - Crocheting large and small.

A prize was awarded for the best year book covers on the high level only. The winners were Mrs. Douglas Smith and Mrs. John Dirzuweit.

The March meeting will be held on the 7th at the home of Mrs. A. A. Parke of Concord. Co-hostess will be Mrs. Douglas Smith.

The guest speaker for this meeting will be a member of the Virginia State Police Department from Appomattox. He will discuss drug abuse.

Mrs. John Dirzuweit, President, has urged all members of the Plum Branch Woman's Club to write their local elected officials to the House of Delegates and voice their opinions regarding the "Equal Rights Amendments, Sunday Closing, and the Parimutuel Gambling Bills".

Plum Branch Woman's Club will have a Bingo Game at Concord Elementary School on Saturday, March 16th, to benefit the Newborn Baby Care Vehicle at Virginia Baptist Hospital and the Patrick Henry Boys Plantation in Brookneal.

Mrs. Harmon Mann was welcomed as a new member.

Wreck Island Extension Homemaker's Club

Mrs. Eloise Wheeler was hostess to the Wreck Island Extension Homemaker's Club when it met with her on Feb. 21 at 11:30 a.m. for a covered dish luncheon. There were eleven members present.

One new member Mrs. Hazel Gillespie was welcomed to the club.

Devotions were led by Mrs. Sarah Carson, reading the 121st Psalm, prayer followed by Mrs. Marie Carson leading members in the Lords Prayer.

The minutes were read and treasurer report given by Mrs. Helen Lee.

Mrs. Dixie Staten, president, conducted the business session announcing the following events to be held.

The Hock Weaving Workshop scheduled for February 7th was cancelled, date to be announced.

On Tuesday, February 26th at 1:30 p.m. a leader training session for FAmily Life leaders will be held at the Extension office.

A gift check donated by members was sent to the Pediatric Endocrine Research Fund.

Our Federation Program Chairman, Mrs. Ruth Carson gave a talk on "Design of the Home Grounds." Booklets were passed out. Members received their year books and were filled in.

"Basic First Aid and Home Nursing" was the topic of the demonstration given by Mrs. Marvis Thomas. Each member received a "Home Nursing" handbook and pamphlets on First Aid.

The Homemaker's Creed was repeated.

The March meeting will meet in the home of Mrs. Marie Carson on March will meet in the home of Mrs. Marie Carson on March 20th at 1:30 p.m.

A demonstration "Decorating With a Flair" will be given by Mrs. Marie Carson and Mrs. Helen Stratton.

Mrs. Tilden Lee, Secretary

7th GRADE 4-H CLUB

On Thursday, February 21, 1974 the Appomattox 7th Grade 4-H Club met at Scott Paulette's house, Mr. Frank Sweet, our 4-H leader, talked about livestock and how to judge them. He showed us a filmstrip on how to judge livestock.It showed us the important parts of livestock. Then Mr. Sweet let us judge a couple of cows.

Mr. Sweet said that he would like some more member, so if you would like to join and are in the 7th grade in Appomattox get in touch with Mr. Sweet in Extension Agency in Appomattox. Thank You.

Bill Vaughan, Reporter

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